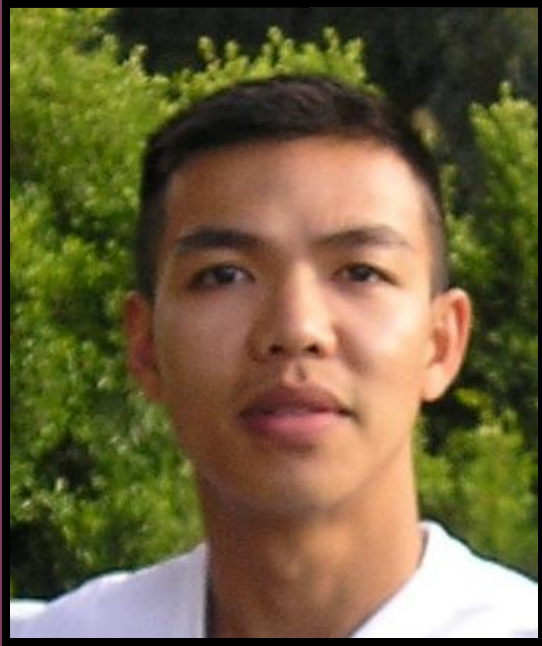


# CHAU TRUONG



## FITNESS PHILOSOPHY

I believe a fit lifestyle starts with an individualized plan. I spend time listening to my clients in order to understand goals and limitations so I can help them develop healthy habits that last.

## TRAINING SPECIALTIES

- American Council of Exercise certified personal trainer.
- B.S. University of Wisconsin-River Falls: Health and Human Performance
- World Taekwondo Federation certified instructor and global athlete.
- Licensed rehabilitation professional with training to assist members - recovering from injuries or joint replacement.
- Over 14 years of experience as a fitness instructor.

## MEMBER COMMENTS

"Initially I was self-conscious about coming to the gym. I thought working with a personal trainer would be overwhelming. I was surprised how good I felt after the first session. Chau helped me create a workout that was fun, challenging, and just right for me."

"I feel comfortable working with Chau because I know he understands my limits. I had a shoulder surgery two years ago and I gained weight afterwards. Chau helped me figure out how I can still be active and lose weight without bothering my shoulder."

## FUN FACT

Chau is terrified caterpillars!